

Cat Supplies Guide – 3+ Months Old

 By 3+ months, a cat's needs evolve a bit. This guide helps you keep up with their development, offering practical advice, safety tips, and research-backed suggestions.

Let's get you set up!  

Carrier - Required for pickup

-  **Best type:** Hard plastic with a **top opening** – makes it so much easier to get your cat in and out (especially at vet visits!).
- Some clinics require hard carriers for safety and sanitation.

Litter & Litter Box

-  **Litter**
 - By 3+ months, **clumping litter** is safe and more efficient. 
 - Easier to clean 
 - Controls odor better 
 - That said, some humans prefer **non-clumping alternatives** like crystals or pellets due to less litter smell – in the end, it's about what your cat will actually use. 
-  **Litter Box & Scooper**
 - Litter box should be **1.5x your cat's length** (tail not included).
 - Avoid swinging doors  and fully enclosed boxes – many cats hate & refuse to use them.
 - **Number of boxes:**
 - 1 box per cat OR 1 automatic box 
 - 1 per floor in multi-level homes 
 - **Metal boxes** = less smell + easier cleaning 
 -  Thinking of going automatic? Ask me first – some are pricey and not worth the hype.

Food, Bowls & Hydration

-  **Wet Food (Still Essential!)**
 - Cats have a low natural thirst drive. Wet food = daily hydration support 

- **Texture tip:** Chunky/shredded is more appealing than pâté for most cats over 3 months.
- Brand doesn't matter much — just avoid **9Lives** and **Special Kitty**, which are tied to health issues. ❌
- 🍲 **Dry Food**
 - Still an important nutritional source and helps clean teeth 🦷
 - **Brand matters!** Choose higher quality:
 - Check cats.com/cat-food-reviews
 - Aim for food rated **C or better** ★
 - Kittens need to stick with kitten specific food until 12 months of age.
- **Bowls** - You'll need either:
 - **Three bowls:** 🥫 wet food, 🍲 dry food, 💧 water
 - OR **two bowls + a water fountain** 🚰
 - **Why a fountain?** Many cats love running water — helps keep them hydrated.

🪵 Scratching Essentials

- Scratching is an instinctual behavior that all cats need — it keeps claws healthy, helps them stretch, and marks their territory. 🧰
- You'll eventually need at least one **scratching post** so your cat can fully stretch while scratching. If you don't provide one, your furniture might become the next best option. 🪑
- You'll figure out how many posts or cardboard pads you need based on where your cat naturally tries to scratch. 🧑
- Use **cat deterrent sprays** on areas you don't want scratched and **catnip/attractant sprays** on scratchers to help with training.
- Furniture corner protectors can also be helpful if your cat shows interest in your couch or chairs!

🦊 Toys & Enrichment

- **Still no catnip before 6 months!** 🚫 Some cats react poorly.
- **Interactive toys** = great for energy burn and brain activity 🧠
- ⚠️ Use **lasers** sparingly — they can cause OCD-like behaviors if overused.

✨ Nice-to-Haves

- 🗑️ **Litter box liners** – cleaner and faster maintenance
- 🧴 **Deodorizers** – manage box smell naturally
- 🦷 **VOHC-approved dental treats** – actually help teeth!
- 🧶 **Cat towers** – give climbers their own jungle gym
- 🛏️ **Cat beds or cardboard boxes** 📦 – cozy spots they'll love
- 💧 **Treats** – just double-check ingredients and avoid catnip before 6 months
- 🚫 **Spray bottle** – controversial; research before using as a training method

📧 Want Help Picking Products?

Let me know if you want feedback on any specific item, brand, or even the science behind it. I'll gladly guide you with experience + up-to-date research! 😺